

SUPPORT for YOUNG PARENTS in and around the Meon Valley

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| YOUR HEALTH | A named midwife and health visitor are attached to every GP practice: contact your own surgery for details. | |
| YOUR CHILD'S HEALTH | Bishops Waltham Surgery 01489 895388 Hambledon Surgery 8:30 – 10:00 Mon, Wed & Fri 023 9263 2453 Wickham Surgery 01329 833121 West Meon Surgery 01730 829540 Denmead Health Centre 023 92257114 | |
| | NHS Direct 0845 4647 NHS Pregnancy Smoking Helpline 0800 169 9169 | 24 Hour confidential helpline giving quick and friendly advice |
| PLACES TO GO | Wickham Under 1's Wickham Community Centre Mondays 1.30-3.00 pm 01329 833715 | For parents and carers of babies up to one year old |
| | Try the Childrens' Information Service (CIS) 0845 602 1125 | Local rate phonecall, info about early education, childcare and leisure activities |
| SOMEONE TO TALK TO | Face to Face 01962 878300 | Free advice, information & counselling for young people 14-25 years. |
| | Home-Start Meon Valley 01329 835936 | For parents with young children to help through difficult times. |
| JOBS | Fareham Job Centre 01329 243700 Winchester Job Centre 01962 745200 | Also check for benefits advice |
| CHILDCARE | Children's Information Service 0845 602 1125 | You can get help with costs |
| EDUCATION & TRAINING | Connexions 0845 600 2809 Fareham 01329 827504 Winchester 01962 745200 | Ask about <i>Care to Learn</i> to cover childcare costs |
| | Care to Learn 0845 600 2809 | Being a parent doesn't mean you cannot continue to learn |
| | Peter Symonds College ACE 01962 886166 | Adults continuing education, lots of varied courses on offer |
| | Learn Direct Advice Line 0800 100900 | |
| | Education Welfare Service 01962 869611 | |
| COLLEGES WITH NURSERIES ON SITE OR VERY CLOSE | Fareham College 01329 815200 Highbury College 023 92313373 St Vincent College 023 92588311 Eastleigh College 023 80911000 Itchen College 023 80435636 | |
| HOUSING | Winchester City Council Housing Dept 01962 840222 | |
| MONEY | Child Trust Fund 0845 3021470 | |
| | The Maternity Alliance 020 74907638 | |
| ADVICE | Citizens Advice Bureau 01489 896376 | |
| | Hampshire Children & Families Forum Meon Valley 01329 835155 | An information network for parents |

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